



HOMESCHOOL PE

2024 - 2025

- Ages 5-11 unless otherwise discussed with us • MONDAYS, 10:15AM- 11:00AM •
 - Fall Semester = 4 months @ \$75/month OR \$275 paid upfront •
 - Spring Semester = 5 months @ \$75/month OR \$350 paid upfront •
- Registration link @ www.allintrainingmb.com, under "All In Fit Kids" tab.

REGISTRATION DEADLINE = 3 days prior to the semester start date.

8/26/2024 - 12/16/2024: Fall Semester

- Throwing & Catching
- 5 Components of Health Related Fitness & Nutrition Training
- Speed & Agility = sports training & hand-eye coordination.
- Freedom of Movement Mobility Training
- Gymnastics/Parkour = body management: We learn to control our bodies in diverse movements by enhancing strength, flexibility, and balance.
- Striking with Instruments Balloon sports

1/6/2025 - 6/2/2025: Spring Semester ***No class on Memorial Day***

- Throwing & Catching
- 5 Components of Health Related Fitness & Nutrition Training
- Speed & Agility = sports training & hand-eye coordination.
- Freedom of Movement Mobility training
- Basketball
- Frisbee
- Collaborative challenges